

Armed Services Blood Program (ASBP)

The Armed Services Blood Program (ASBP) is the official U.S. military blood program. Providing an opportunity for service members, their families, and civilians to support our military in a definitive, meaningful way, the ASBP is a direct connection between those who give and the sick and injured who need their help. You've got what it takes to save three lives with a single donation.

Many Randolph County citizens have served, or are serving, their country. Some of those possibly have benefited from blood donated via this program.

Blood donated directly to the ASBP equates to fewer units they have to purchase from an outside source. Yes, "purchase." Other sources of blood are sold to agencies that need the supply, including to the military. Our military has already given so much; giving back to them is one way of saying thank-you for their service.

Mark your calendar for Wednesday, October 8, 2014, and schedule your appointment to donate blood between 11 a.m. and 7 p.m. **at the National Guard Armory on S. Fayetteville Street** in Asheboro. It's easy to save lives! By committing to give blood, you help ensure that blood is available when it is needed most. Give blood by scheduling your donation [appointment online](#).

Create your profile:



You will need to enter your email address and create a password that you will use to register. After creating your profile, click the **Donate Blood** button, as shown at right:



Next, enter the Sponsor Code: **ASHE**

Finally, schedule your appointment.

General guidelines for blood donation:

Must weigh at least 110 pounds and be at least 17 years of age

Must wait 8 weeks in between blood donations

Must have been feeling well for at least 3 days

Must be well hydrated

Must have eaten something prior to donating

Donors who have been to Iraq or Afghanistan, must wait a year before donating.

Donors with recent tattoos **MAY** not be eligible for a year, depending on the state in which it was received. Piercings, other than ears, require a year wait.

Military-affiliated donors who were stationed in **Europe between 1980 and 1996** for longer than 6 months are ineligible. Non-military donors who traveled to Europe between 1980 and the present for longer than 5 years, are ineligible.

Travel restrictions mean that many military members are not eligible to donate, therefore, we need your help!

In order to help make the donation process run smoothly (and more quickly), please bring the following items with you to your donation:

1. Photo identification is a must.

2. Travel History form.

3. Medication List Form

(Both forms are available online at www.militarydonor.com. You can complete these ahead of time and decrease your wait time.)